

CLAIMS

1. An oral skin moisturizer comprising, as an active ingredient, an extract of a plant of the genus *Lepidium* of the family *Cruciferae*.
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2. The oral skin moisturizer according to claim 1, wherein the plant of the genus *Lepidium* of the family *Cruciferae* is maca (*Lepidium meyenii* Walp).
3. The oral skin moisturizer according to claim 1,
10 containing a maca extract as an active ingredient.
4. The oral skin moisturizer according to claim 3, wherein the maca extract is obtained by adding an aqueous ethanol solution to a crushed maca product, and maintaining the mixture at 40 to 85° C for extraction.
- 15 5. A food product, liquor, functional food product, or pharmaceutical product containing the oral skin moisturizer according to any of claims 1 to 4.